



EAST DORSET GOOD NEIGHBOURS

WE'RE HERE TO HELP!

WE ARE DBS CHECKED VOLUNTEERS WHO CAN HELP PEOPLE WITH SMALL OFF TASKS THEY CAN NO LONGER MANAGE THEMSELVES.

- **CHANGING A LIGHTBULB**
- **POSTING A LETTER**
- **FILLING IN A FORM**
- **TAKING RUBBISH TO THE TIP**
- **A SMALL SEWING JOB**
- **WALKING THE DOG**
- **RE-TUNING THE TV TO NAME A FEW...**



Call Prama on 01202 804003 Monday to Friday 9:00 - 4:00
Email: goodneighbours@prama.org.uk



PramaLIFE
Age friendly communities

We do ask for a small donation
PramaLife is a Registered Charity no 117



EAST DORSET GOOD NEIGHBOURS

WOULD YOU LIKE TO BE A VOLUNTEER?

WE WOULD LOVE TO HEAR FROM ANYBODY WHO WOULD LIKE TO VOLUNTEER WITH US TO HELP WITH SMALL TASKS FOR THOSE WHO NEED A LITTLE ASSISTANCE



- FLEXIBILITY - FIT VOLUNTEERING AROUND YOUR EXISTING COMMITMENTS
- SMALL TASKS SUCH AS WALKING A DOG OR CHANGING A LIGHT BULB
- EXPENSES PAID
- DBS CHECK PROVIDED AT NO COST TO YOU

Interested in Volunteering?

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